

CURE Class Recipe Book

Students used ingredients from the Foodomics Database to create the “CURE Class Recipe Book”. This recipe book, consisting of 76 recipes, caters to the needs and preferences of individual patient profiles created by the students.

CURE Class Recipe Book**Ana: Preterm Neonates in NICU**

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1 Similac For Spit Up Formula (Powder) with
Whey Powder (Spit-up Prone Alternative)

4/20/21

4/20/2021

Ingredients

1.1 grams	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA
0.8 grams	Slim Fast Keto MCT Oil
5.3 grams	Microlipid
0.6 grams	Beverages, ABBOTT, EAS whey protein powder

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Boil 1/2 fl oz tap water to sterilize. Allow water to cool before proceeding.
2. Scoop out exactly 0.1g of formula powder. Mix powder into 1/4 fl oz sterilized water by adding to bottle and shaking.
3. Scoop out exactly 0.6 of protein powder. Mix powder into 1/4 fl oz sterilized water by adding to a second bottle and shaking.
4. Dispense weighed MCT oil and Microlipid into feeding tube.
5. Alternate between feeding formula and protein powder mix to patient using feeding tube.

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2 Similac Advanced Formula (Powder) Meal
with Whey Powder 4/20/2021

4/20/21

Ingredients

1.2 grams	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted
0.7 grams	MCT Oil
5.4 grams	Microlipid
0.4 grams	Beverages, Protein powder whey based

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 1.2 g formula powder. Mix formula powder and 1/4 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.4 g protein powder. Mix protein powder and 1/6 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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3 Similac Sensitive Ready to Feed (lactose Free) Meal with Whey Powder 4/20/2021

4/20/21

Ingredients

7.6 grams	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA
0.7 grams	MCT Oil
5.6 grams	Microlipid
0.6 grams	Beverages, Whey protein powder isolate

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 7.6 g of ready-to-feed formula into a bottle.
2. Microwave a bowl of water for 30 seconds, then place bottle inside the bowl for 5 minutes to warm the bottle.
3. Measure out 1/4 fl oz tap water and boil for one minute to sterilize.
4. Scoop and weigh out 0.6 g protein powder. Mix protein powder and sterilized water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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4 Similac Expert-care Diarrhea Formula
(Powder) with Soy-based Protein Powder
(diarrhea alternative) 4/20/2021

4/20/21

Ingredients

7.9 grams	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready-to-feed with ARA and DHA
0.9 grams	Slim Fast Keto MCT Oil
5.2 grams	Microlipid
0.6 grams	Beverages, Protein powder soy based

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Obtain 7.6 g of ready-to-feed formula in a bottle.
2. Place bowl of water in microwave and heat for 30 seconds. Place bottle inside the bowl and allow it to warm for 5 minutes.
3. Boil 1/4 fl oz tap water to sterilize. Allow water to cool before proceeding.
4. Scoop out exactly 0.6g of protein powder. Mix powder into 1/4 fl oz sterilized water by adding to a new bottle and shaking.
5. Dispense weighed MCT oil and Microlipid into feeding tube
6. Alternate between feeding formula and protein powder mix to patient using feeding tube.

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5 Enfamil Low-Iron Not Reconstituted Formula (Powder) with Whey Powder (hemochromatosis friendly alternative)

4/20/21

Ingredients

1.1 grams	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted
0.9 grams	Slim Fast Keto MCT Oil
5.2 grams	Microlipid
0.5 grams	Beverages, ABBOTT, EAS whey protein powder

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Boil 1/2 fl oz tap water to sterilize. Allow water to cool before proceeding.
2. Scoop out exactly 1.1g of formula powder. Mix powder into 1/4 fl oz sterilized water by adding to bottle and shaking.
3. Scoop out exactly 0.5g of protein powder. Mix powder into 1/5 fl oz sterilized water by adding to a second bottle and shaking.
4. Dispense weighed MCT oil and Microlipid into feeding tube
5. Alternate between feeding formula and protein powder mix to patient using feeding tube.

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6 Enfamil Formula (Powder) Meal with Whey
Powder 4/20/2021

4/20/21

Ingredients

1 grams	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder
0.7 grams	MCT Oil
5.6 grams	Microlipid
0.6 grams	Beverages, Whey protein powder isolate

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 1.0 g formula powder. Mix formula powder and 1/4 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.6 g protein powder. Mix protein powder and 1/4 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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7 Lactofree Enfamil Formula (Powder) with
Soy-based Protein Powder (lactose-intolerant
alternative) 4/20/2021

4/20/21

Ingredients

0.9 grams	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA
0.8 grams	Slim Fast Keto MCT Oil
5.4 grams	Microlipid
0.7 grams	Beverages, Protein powder soy based

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Boil 1/2 fl oz tap water to sterilize. Allow water to cool before proceeding.
2. Scoop out exactly 0.9g of formula powder. Mix powder into 1/4 fl oz sterilized water by adding to bottle and shaking.
3. Scoop out exactly 0.7 of protein powder. Mix powder into 1/4 fl oz sterilized water by adding to a second bottle and shaking.
4. Dispense weighed MCT oil and Microlipid into feeding tube
5. Alternate between feeding formula and protein powder mix to patient using feeding tube.

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8 Nestle Good Start Soy Formula (Powder) with
Soy-based Protein Powder 4/20/2021

4/20/21

Ingredients

1 grams	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder
1 grams	Slim Fast Keto MCT Oil
5.1 grams	Microlipid
0.6 grams	Beverages, Protein powder soy based

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Boil 1/2 fl oz tap water to sterilize. Allow water to cool before proceeding.
2. Scoop out exactly 1.0g of formula powder. Mix powder into 1/4 fl oz sterilized water by adding to bottle and shaking.
3. Scoop out exactly 0.6g of protein powder. Mix powder into 1/4 fl oz sterilized water by adding to a second bottle and shaking.
4. Dispense weighed MCT oil and Microlipid into feeding tube
5. Alternate between feeding formula and protein powder mix to patient using feeding tube.

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9 Nestle Good Start Formula (Powder) Meal
with Whey Powder 4/20/2021

4/20/21

Ingredients

1.1 grams	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder
0.7 grams	MCT Oil
5.6 grams	Microlipid
0.6 grams	Beverages, Whey protein powder isolate

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 1.1 g formula powder. Mix formula powder and 1/4 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.6 g protein powder. Mix protein powder and 1/4 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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10 Gerber Good Start Protect Plus (Powder)
Meal with Whey Powder 4/20/2021

4/20/21

Ingredients

1 grams	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder
0.7 grams	MCT Oil
5.6 grams	Microlipid
0.6 grams	Beverages, Whey protein powder isolate

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 0.9 g formula powder. Mix formula powder and 1/5 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.6 g protein powder. Mix protein powder and 1/4 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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11 Nutramigen Formula (Powder) Meal with
Whey Powder 4/20/2021

4/20/21

Ingredients

1.4 grams	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted
0.7 grams	MCT Oil
5.4 grams	Microlipid
0.4 grams	Beverages, Protein powder whey based

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 1.4 g formula powder. Mix formula powder and 1/3 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.4 g protein powder. Mix protein powder and 1/6 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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12 PBM Infant Formula (Powder) Meal with
Whey Powder 4/20/2021

4/20/21

Ingredients

1.1 grams	Infant formula, PBM PRODUCTS, store brand, powder
0.7 grams	MCT Oil
5.5 grams	Microlipid
0.6 grams	Beverages, Whey protein powder isolate

Directions

Prescription

Ratio	3
Calories	233
Protein	3
Meals	6
Snacks	0
Cal/Meal	38.83
Cal/Snack	0

1. Measure out 1/2 fl oz tap water and boil for one minute to sterilize.
2. Allow water to cool until it reaches a safe temperature.
3. Scoop and weigh out 1.1 g formula powder. Mix formula powder and 1/4 fl oz sterilized water by combining into bottle and shaking.
4. Scoop and weigh out 0.6 g protein powder. Mix protein powder and 1/4 fl oz water by combining into a new, clean bottle and shaking.
5. Weigh MCT oil and Microlipid, syringe into feeding tube.
6. Feed formula to patient using feeding tube. Then feed protein powder mix using feeding tube.

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13 Spinach Bites 4.0 Meal 4/20/2021

4/20/21



Ingredients

28.6 grams	Green Giant Steamers Chopped Spinach-Plain (frozen)
8.6 grams	Egg Beaters All Natural 100% Egg Whites
9.5 grams	Organic Valley Salted Butter (stick)
8.6 grams	Wellsley Farms Extra Virgin Olive Oil
4 grams	Bob's Red Mill Super-Fine Natural Almond Flour From Whole Almonds
2.3 grams	Cheese, parmesan, dry grated, reduced fat
9.8 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Pre-heat the oven to 350 degrees.
2. Defrost spinach ahead of time. Cook, drain, weigh, and chop small.
3. Weigh out egg whites, butter (softened or melted so as to mix easily), olive oil, almond flour, and parmesan cheese. Mix together with the spinach.
4. If mixture is too wet to shape, it can be put in the freezer for 15 minutes to firm up.
5. Scoop out bite sized portions of mixture, shape into balls, and place on parchment lined cookie sheet. Bake for about 15-20 minutes.
6. Let bites sit on the cookie sheet to cool and reabsorb any oil that has cooked out for a few minutes.
7. Weigh out cream and mix with water to serve as a "milk" on the side.

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14 Cheesy Cauliflower with Juice 4.0 Meal
4/20/2021

4/20/21

Ingredients

17.3 grams	KetoCal 4:1 Unflavored Liquid
24.3 grams	Cauliflower, frozen, cooked, boiled, drained, without salt
12.7 grams	Wellsley Farms Extra Virgin Olive Oil
8.6 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
9.9 grams	Kraft Sharp Cheddar Cheese (block)
56.4 grams	Beverages, Tropical Punch, ready-to-drink

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Preheat oven to 325°F.
2. Weigh out cauliflower and boil for approximately 5 minutes. Strain and place in an ovenproof dish.
3. Grate cheddar cheese and weigh.
4. Weigh out the oil, KetoCal, cream, and half of the cheddar cheese. Place into a small pan and stir on low heat until the cheese has melted. Do not boil.
5. Cover the cauliflower with the cheese sauce and sprinkle remaining cheddar on top.
6. Cook in the oven at 325°F for 5-10 minutes.
7. Weigh out juice and serve on the side.
8. Enjoy!

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15 Mac and Cheese 4.0 Meal 4/20/2021

4/20/21



Ingredients

80 grams	House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute
10.5 grams	Organic Valley Mild Cheddar Cheese (block)
46.5 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)

Directions

Prescription		
Ratio	4	1. Drain, rinse, and weigh out noodles. Microwave for 1 minute or boil for 3 minutes until soft. Strain.
Calories	670	
Protein	9	2. Weigh out cream and pour into a saucepan. Heat over medium heat, stirring constantly, until cream is thickened. Do not boil.
Meals	3	
Snacks	0	3. Grate cheddar cheese and weigh out. After 2-3 minutes, add cheese into saucepan with cream and continue stirring until mixture is thick.
Cal/Meal	223.3	4. Stir cheese sauce into noodles.
Cal/Snack	0	5. Serve and enjoy!

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16 Scrambled Eggs with Mushroom and Cheese 4.0 Meal 4/20/2021

4/20/21

Ingredients

5.3 grams	KetoCal 4:1
11.6 grams	Egg Beaters All Natural 100% Egg Whites
4.7 grams	Egg, yolk, raw, fresh
16.4 grams	Fleischmann's Made with Olive Oil 60% Whipped Vegetable Oil Spread Made with Sea Salt (tub)
1 grams	Cheese, parmesan, dry grated, reduced fat
3.6 grams	Publix Sliced Mushrooms (frozen)
16.8 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Weigh out sliced mushrooms and defrost before beginning (if necessary, cut into smaller pieces).
2. Weigh out margarine and use as much as is necessary to coat a pan, saving what remains. Heat until hot. Add mushrooms and cook until they are light brown and tender (about 5 minutes).
3. Weigh out the egg whites, egg yolk, KetoCal, and parmesan cheese. Beat together in a bowl along with any remaining margarine (softened).
4. Pour mixture into pan with the mushrooms. Stir until eggs are scrambled and fluffy (about 5 minutes).
5. Weigh out heavy cream and mix with water to serve on the side as a "milk".
6. Enjoy!

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17 Egg White and Spinach Cups 4.0 Meal
4/20/2021

4/20/21

Ingredients

20.6 grams	Egg Beaters All Natural 100% Egg Whites
22.3 grams	Wellsley Farms Extra Virgin Olive Oil
30.2 grams	Bird's Eye Chopped Spinach (frozen)

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Remove spinach from freezer and place on counter to defrost.
2. Set aside a muffin tin and preheat the oven to 350 degrees Fahrenheit.
3. Weigh out spinach, chop until finley cut, and place in bowl.
4. Weigh out egg whites and olive oil and add to the same bowl.
5. Mix ingredients together and pour into muffin pan; each muffin circle should be filled to 3/4 of capacity.
6. Place tin in oven for 17-18 minutes and then remove.
7. Allow to sit for 5-10 minutes to cool. Serve and enjoy!

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18 Diced Grilled Chicken and Peas 4.0 Meal
4/20/2021

4/20/21

Ingredients

23.7 grams	Great Value 100% Extra Virgin Olive Oil
28 grams	Gerber First Foods-Peas (plastic)
15 grams	Great Value Chunk Chicken Breast, fully cooked, with rib meat, in water (canned)

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Bring a saucepan to medium heat.
2. Weigh out chicken and dice up into small cubes .
3. Weigh out olive oil and add to the pan with the chicken. Allow to cook for 4-5 minutes until thoroughly warm.
4. Allow chicken to cool off heat for 2 minutes. Weigh peas.
5. Serve chicken with peas and enjoy!

Price
\$0.48

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19 Pasta with Ham and Peas 4.0 Meal
4/20/2021

4/20/21



Ingredients

57.3 grams	House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute
1.3 grams	Publix Green Peas (frozen)
17.1 grams	Wellsley Farms Extra Virgin Olive Oil
24 grams	Gia Russa Select Pasta Sauce- Alfredo
7.8 grams	Ham, chopped, canned

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Boil a pot of water on a stovetop.
2. Once boiling, weigh out and add pasta noodles and olive oil. Allow to sit for one minute.
3. Allow pasta to cook at low-medium heat for 9 minutes.
4. Remove from heat and pour all contents over a strainer in the sink, allowing all of the water to drain away.
5. Mix in alfredo sauce and diced ham to pot and allow to cool.
6. Serve peas on the side and enjoy!

CURE Class Recipe Book

20 Pollock and Squash 4.0 Meal 4/20/2021

4/20/21



Ingredients

23.5 grams	Fish, pollock, Alaska, raw (may have been previously frozen)
15 grams	Wellsley Farms Extra Virgin Olive Oil
17.9 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
25.1 grams	Squash, winter, acorn, cooked, boiled, mashed, without salt
3 grams	Lemon juice, raw

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Weigh out fish, lemon juice, and oil (whatever oil is not used can be used on the squash). Make sure fish is defrosted if purchased frozen.
2. Cook together in a pan on medium-high heat for about 3 to 4 minutes per side or until golden brown and cooked through.
3. Cut fish into small pieces and pour any remaining juices onto plate.
4. Peel squash, cut into small pieces, boil until soft (about 3-6 minutes), and weigh. This can be served as is or mashed, topped with any remaining oil.
5. Mix heavy cream with water and serve on the side as a "milk".
6. Enjoy!

CURE Class Recipe Book



21 Spinach and Apple Smoothie 4.0 Meal
4/20/2021

4/20/21

Ingredients

4.9 grams	Earth's Best Organic Stage 1 Baby Food-First Apples (jar)
52.4 grams	Spinach, raw
22.1 grams	Kelapo Extra Virgin Coconut Oil
1.7 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Weigh out all ingredients.
2. Add all ingredients into blender.
3. Blend until completely smooth.
4. Add water to desired consistency, optimal consistency should be a runny liquid (juice-like).
5. Serve in a sippy cup, or whatever cup is best suited for drinking a thicker liquid, and enjoy!

CURE Class Recipe Book



22 Jello and Cream Popsicles 4.0 Meal
4/20/2021

4/20/21

Ingredients

2.1 grams	Jell-O Sugar-free Raspberry (mix)
55.8 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
2.1 grams	Beneprotein Instant Protein Powder
8.7 grams	Publix Raspberries (frozen)

Directions

Prescription

Ratio	4
Calories	670
Protein	9
Meals	3
Snacks	0
Cal/Meal	223.3
Cal/Snack	0

1. Weigh out raspberries and defrost.
2. Weigh out Jell-O and 30g of water. Boil water and pour into blender with the Jell-O. Blend on lowest setting for a couple of seconds until gelatin powder is fully dissolved.
3. Weigh out (cold) heavy whipping cream and Beneprotein powder and pour into blender along with the raspberries.
4. Blend on lowest setting until well combined. Raspberries can be fully blended in or left in chunks according to taste.
5. Pour into popsicle molds, add sticks, and freeze for at least 6 hours.
6. Serve and enjoy!

CURE Class Recipe Book

23 Mac and Cheese Meal 4/20/21

4/20/21



Ingredients

37.8 grams	Kraft Mild Cheddar Cheese (shredded)
71.2 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
51.1 grams	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt
18.1 grams	Breakstone's All Natural Salted Butter (stick)

Directions

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

1. First, microwave spaghetti squash for five minutes to soften. Preheat oven to 400. Take the spaghetti squash from the microwave and cut it open.
2. Place the squash face down on an oven safe pan and bake for 45 minutes.
3. While it is baking, measure correct amounts of butter, cream, and cheese. Place in a pan and cook on medium low until soft and creamy consistency.
4. When the spaghetti squash is done, measure 51.1 grams and pour hot cheese mixture over it. Serve and enjoy.

CURE Class Recipe Book

24 Pizza Meal 4/20/21

4/20/21



Ingredients

17.6 grams	KetoCal 3:1
38 grams	Wellsley Farms Extra Virgin Olive Oil
20.6 grams	Kraft Mozzarella Cheese - Low Moisture, Part Skim (shredded)
40.9 grams	Ragu Pizza Sauce- Homemade Style

Directions

Prescription		
Ratio	4	<ol style="list-style-type: none"> 1. Measure out the proper amounts of all four ingredients. In a bowl, add the KetoCal. Then add the olive oil and mix. If too dry, add water at your discretion. 2. Once the dough is mixed, spread out on a baking sheet into desired shape. Spread the proper amount of pizza sauce over the dough. Sprinkle cheese on top. 3. Preheat oven to 400 degrees. 4. Place the pizza in the oven for 12-15 minutes or until crust is golden brown. 5. Rest pizza for five minutes, slice, and enjoy.
Calories	1300	
Protein	20	
Meals	2	
Snacks	1	
Cal/Meal	550	
Cal/Snack	200	

CURE Class Recipe Book

25 Bell Pepper Nachos Snack 4/20/21

4/20/21



Ingredients

37.7 grams	Peppers, sweet, green, raw
13.9 grams	Beef, ground, 70% lean meat / 30% fat, raw
3.2 grams	Cheese, Mexican blend
14.8 grams	Wellsley Farms Extra Virgin Olive Oil

Directions

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

1. Start by measuring out all the ingredients. Then heat a pan on the stove at medium-high heat. Pour in the olive oil.
2. Place ground beef in pan and cook fully (for 5-7 minutes).
3. Chop up peppers into thin slices and place on plate. Top with cooked beef and cheese.

CURE Class Recipe Book

26 Avocado Breakfast Mash Snack 4/20/21

4/20/21



Ingredients

19.3 grams	Egg Beaters Original
15.3 grams	Avocados, raw, all commercial varieties
3.1 grams	Kraft Mild Cheddar Cheese (shredded)
16.8 grams	Wellsley Farms Extra Virgin Olive Oil

Directions

1. First, measure out all the ingredients. Then turn the stove on medium heat and place pan with olive oil on stove.
2. Pour the eggs into the pan and scramble them to desired consistency.
3. Cut up the avocado and put the eggs on top. Sprinkle with cheese.

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

CURE Class Recipe Book

27 Lettuce Buns Burger Meal 4/20/21

4/20/21



Ingredients

38 grams	Beef, ground, 70% lean meat / 30% fat, raw
17.4 grams	Kraft Deli Deluxe- Sharp Cheddar Cheese (12 slices)
38 grams	Wellsley Farms Extra Virgin Olive Oil
21.3 grams	Lettuce, cos or romaine, raw
10.9 grams	Heinz Tomato Ketchup

Directions

1. First, measure out all the ingredients. Make the lean meat into a patty shape.
2. Pour oil onto pan set on stove at medium heat. Place patty into oiled pan and cook until done.
3. Once done, place cheese on top of burger and put ketchup on top of that.
4. Wash lettuce leaves and use as buns.

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

CURE Class Recipe Book



28 Salmon and Stir Fried Mushrooms Meal
4/20/2021

4/20/21

		Ingredients
	27.4 grams	Chicken of the Sea Skinless and Boneless Pink Salmon (canned)
	28.7 grams	Colavita Extra Virgin Olive Oil
	20 grams	Mushrooms, brown, italian, or crimini, raw
	7.5 grams	Kikkoman Traditionally Brewed Soy Sauce
	35.1 grams	Organic Valley Unsalted Cultured Butter (stick)
	1 grams	Spices, thyme, dried
	8.2 grams	Garlic, raw
Prescription		Directions
Ratio	4	<ol style="list-style-type: none"> 1. Bring out salmon to thaw. Also, quickly wash and then dry, then cut up 20g of crimini mushrooms into thick, 1/2" slices. 2. Set a pan to medium-high heat, and add half of your olive oil (~14g) and half the butter (~17.5g), mixing it. 3. Before adding the mushrooms, quickly pour the soy sauce into them and mix them up by hand. Then put them on the pan. 4. Allow each side to carmelize for 2-3 minutes each, allowing them to stay in place instead of moving them constantly. 5. After cooking is complete, add your garlic and thyme and mix. Baste the mushrooms with the olive oil-thyme-garlic mixture. 6. Turn off the heat after 1-2 minutes and remove the mushrooms. Allow any grease, garlic, and thyme to stay in the pan. 7. Reheat the pan at medium-high heat again, and add in the other half of your olive oil and butter. Then put salmon in the pan. 8. Allow each side to cook until the middle has changed color, then cook for an additional 2-3 minutes before turning off the stove and letting the residual heat cook the salmon. 9. Baste the salmon with any olive oil/butter, then place on a plate with the mushrooms and drizzle the remaining portion of the olive oil/butter mixture on to the plate, and enjoy.
Calories	1300	
Protein	20	
Meals	2	
Snacks	1	
Cal/Meal	550	
Cal/Snack	200	

CURE Class Recipe Book

29 Vanilla Milkshake Snack 4/20/21

4/20/21



Ingredients

18.3 grams	Yogurt, Greek, nonfat, vanilla, CHOBANI
0 grams	Torani Sugar Free French Vanilla
37.8 grams	Microlipid
96 grams	Blue Diamond Almond Breeze Almond Milk - Unsweetened Original (unrefridgerated, box)
1.3 grams	Nature's Best Protein

Directions

1. Start with putting 18g of CHOBANI nonfat Vanilla Greek yogurt into a blender, then adding in 1.3g of Nature's Best Protein.
2. Then add 37.8g of microlipid.
3. After that, add 96g of Blue Diamond Almond Breeze Almond Milk (Unsweetened).
4. Add 1 tbsp of Torani Sugar Free French Vanilla, along with a few pieces of ice (however much you want).
5. Blend for short intervals to break up the ice (if it is large), then blend for about 2-3 minutes or until all the ingredients are completely incorporated. Enjoy!

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

CURE Class Recipe Book

30 Keto Ice Cream Snack 4/20/21

4/20/21



		Ingredients
	5.9 grams	Publix Coconut Oil
	4.4 grams	Beverages, Whey protein powder isolate
	24.3 grams	Cream, Fluid, Heavy Whipping
	6.4 grams	Breakstone's All Natural Salted Whipped Butter (tub)
	0 grams	McCormick Vanilla Extract, Pure
	0 grams	Torani Sugar Free Vanilla Syrup
Prescription		Directions
Ratio	4	1. Add Vanilla Extract and no more than 2 tbsp of Torani syrup to taste, and add 5.9g Publix coconut oil. Mix until even. 2. Add 4.4g Beverage Whey Protein Powder to mixture and also add 24.3g heavy whipping cream. Then add 6.4g all natural whipped butter. 3. Mix until even and lay out on a small dish or pan. Freeze for at least 2 hours. Take an ice cream scooper and scoop out the ice cream. Enjoy!
Calories	1300	
Protein	20	
Meals	2	
Snacks	1	
Cal/Meal	550	
Cal/Snack	200	

CURE Class Recipe Book

31 Keto Fruit Popsicle Snack 4/20/21

4/20/21



Ingredients

0 grams	Kool Aid Soft Drink Mix - Pink Lemonade, unsweetened
12.6 grams	Great Value Heavy Whipping Cream Grade A (Ultra Pasteurized)
1 grams	Toppings, strawberry
31.5 grams	Microlipid
4 grams	Nature's Best Protein
0 grams	Torani Sugar Free Vanilla Syrup

Directions

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

1. Add a 1/8 package of Kool Aid Soft Drink Mix to a cup. Add 4g of Nature's Best protein. Then add some strawberry toppings (to taste).
2. Add 31.5g of microlipid as well as 12.6g of heavy whipping cream.
3. Add the required amount of water on the Koolaid packet.
4. Add Torani Syrup to taste - sweet enough to enjoy but not overtly sweet (no more than 2 tbsp).

CURE Class Recipe Book



32 No Bake Crustless Keto Pumpkin Pie Snack
4/20/21

4/20/21

Ingredients

0.5 grams	Spices, cinnamon, ground
7.1 grams	Pumpkin, canned, without salt
5.7 grams	Trader Joe's Cream Cheese
0 grams	Torani Sugar Free Vanilla Syrup
13.5 grams	Cream, Fluid, Heavy Whipping
10.3 grams	Breakstone's All Natural Salted Whipped Butter (tub)
3.2 grams	Nature's Best Protein
10.2 grams	Microlipid

Directions

Prescription

Ratio	4
Calories	1300
Protein	20
Meals	2
Snacks	1
Cal/Meal	550
Cal/Snack	200

1. Add 5.7g of cream cheese to 7.1g of canned pumpkin, and mix. Then add .5g ground cinnamon and 13.5g heavy whipping cream. Mix well.
2. After, add Torani syrup to taste (no more than 2 tbsp), and mix in 3.2g of nature's best protein and 10.2g of microlipid. Then add 10.3g of natural salted whipped butter. Mix well.
3. Pour mixture into a cheesecake mold or other cake mold, and then freeze for at least 4 hours. Take out and thaw for 20-30 minutes and enjoy!

CURE Class Recipe Book



33 Cheeseburger and Zucchini Fries Meal
4/20/2021

4/20/21

Ingredients

96.5 grams	Squash, summer, zucchini, includes skin, raw
57.4 grams	Bertolli Classico Pure Olive Oil - Mild Taste
47.4 grams	All Natural Ground Beef Chuck (80/20) (Wal-Mart)
10.5 grams	Kraft Deli Deluxe- American Cheese (16 slices)
8.4 grams	Heinz Tomato Ketchup- No Sugar Added

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Preheat oven to 425 degrees.
2. Measure out zucchini, cut into spears, and lay out on a baking sheet.
3. Measure out olive oil, and drizzle roughly half of it on the zucchini.
4. Bake for for 20-22 minutes, or until golden and crisp.
5. Heat up pan on stove with rest of the olive oil on medium heat.
6. Measure out beef and cheese. Shape the beef into a patty. Cook for 3-5 minutes on each side, then keep flipping until a nice crust forms, about 15 minutes total.
7. Add cheese when about a minute remains. Save remaining oil in the pan.
8. Take zucchini fries out of the oven when done.
9. Measure out ketchup, and mix with the remaining oil from the pan. Serve and enjoy.

CURE Class Recipe Book



34 Baked Avocado, Egg, and Mushrooms Meal
4/20/2021

4/20/21

Ingredients

45.5 grams	Avocados, raw, California
47.6 grams	Publix Large Grade A Eggs
19 grams	Kraft Mild Cheddar Cheese (shredded)
52.3 grams	Bertolli Classico Pure Olive Oil - Mild Taste
29.1 grams	Publix Sliced Mushrooms (frozen)

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Preheat oven to 400 degrees.
2. Peel an avocado, take the seed out, then weigh it. Crack an egg, beat it lightly, then weigh it.
3. With a spoon, make a well in the center of the avocado, then add the egg right into it.
4. Place on a baking sheet. Weigh the oil, and drizzle some of it over the avocado. Cook in the oven for 7 minutes.
5. While the avocado is cooking, weigh out mushrooms, and saute them in a pan with the remaining oil over medium-high heat. Scrape out all contents when done.
6. After the 7 minutes, take the avocado out, weigh the cheese, and sprinkle it over.
7. Cook for about 7-8 more minutes or until the eggs look done. Enjoy!

CURE Class Recipe Book

35 Tuna salad and crackers meal 4/20/2021

4/20/21



Ingredients

44.1 grams	Starkist Chunk Light Tuna in Sunflower Oil (vacuum packed)
65.9 grams	Duke's Real Mayonnaise
10.1 grams	Celery, raw
11.1 grams	Mezzetta Pitted Greek Kalamata Olives
7.8 grams	Cheez-It - Baked Snack Crackers

Directions

1. Measure out the tuna, mayonnaise, celery, and olives. Chop the celery and tuna into desired size. Mix together in a bowl.
2. Measure out crackers, and serve with the tuna salad.

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

CURE Class Recipe Book



36 Chicken Nuggets and Asparagus Meal
4/20/2021

4/20/21

Ingredients

4.6 grams	Bob's Red Mill Super-Fine Natural Almond Flour From Whole Almonds
28 grams	Publix Boneless Skinless Chicken Breasts with Rib Meat
81.2 grams	Organic Valley Salted Butter (stick)
23.9 grams	Egg Beaters Original
51.7 grams	Birds Eye Steamfresh Asparagus Spears (frozen)

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Preheat oven to 450 degrees.
2. Weigh chicken and cut into nugget-sized pieces.
3. Weigh egg beater and almond flour, then place in two separate bowls.
4. Prepare a pan with parchment paper. Dip each individual chicken piece in the egg, then coat both sides in flour. Place chicken on the pan.
5. Weigh the butter, then drizzle roughly half of it over the nuggets.
6. Cook in oven for about 15 minutes or until golden-brown.
7. When there is about 5 minutes left on the nuggets, cook asparagus in microwave according to package instructions. After taking it out, top it with the remaining butter.

CURE Class Recipe Book

37 Chicken and Broccoli Meal 4/20/2021

4/20/21



Ingredients

28.9 grams	Publix Boneless Skinless Chicken Breasts with Rib Meat
52.6 grams	Bertolli Classico Pure Olive Oil - Mild Taste
20.6 grams	Breakstone's Cottage Cheese - 4% Milkfat, Small Curd (tub)
22.6 grams	Kraft Philadelphia Original Cream Cheese (block)
44.2 grams	Season's Choice Steamed Broccoli Florets (frozen)
10 grams	Organic Valley Salted Butter (stick)

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Measure out chicken and oil. Heat up a pan with some of the oil on medium-high heat. Add the chicken.
2. Cook the chicken, flipping when necessary.
3. Measure out cottage cheese, cream cheese, and add them along with rest of the oil.
4. Cover the pan and reduce the heat to low. Cook for five minutes or until the cheese melts.
5. While the chicken mixture is cooking, measure the broccoli and microwave it according to package instructions.
6. After cooking broccoli, measure the butter, place it on the broccoli.
7. Mix everything together, and serve.
8. Recipe option: Blend the ingredients once mixed to make it more of a soup, could add water to achieve consistency.

CURE Class Recipe Book

38 Chicken Kebabs and Carrots Meal
4/20/2021

4/20/21



Ingredients

34.3 grams	Publix Boneless Skinless Chicken Breasts with Rib Meat
15.5 grams	Member's Mark Creamy Almond Butter
61.6 grams	Bertolli Classico Pure Olive Oil - Mild Taste
0 grams	ReaLemon 100% Lemon Juice from Concentrate
28.1 grams	Carrots, baby, raw

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Preheat oven to 400 degrees. Weigh out almond butter and oil. Reserve about a tablespoon of the oil to cook the carrots with.
2. Mix together almond butter and rest of the oil, along with desired amount of lemon juice, to form the marinade. Set aside about 1/4 to use as a dipping sauce.
3. Weight out chicken and dice it into nugget-sized pieces. Coat evenly in the remaining 3/4 marinade.
4. Cover and refrigerate for about 20 minutes. During this time, soak wooden skewers in water to prevent burning.
5. Prepare a baking sheet, then remove chicken from refrigerator and place on the skewers.
6. Cook in oven for about 20 minutes or until chicken is fully cooked.
7. While chicken is cooking, weight carrots and saute them over medium-high heat with oil that was set aside. Scrape out all contents when done.
8. Take kebabs out, and serve.

CURE Class Recipe Book

39 Chicken Salad and Celery Meal 4/20/2021

4/20/21



Ingredients

30.5 grams	Perdue Ground Chicken (cooked)
45.8 grams	Duke's Real Mayonnaise
31.9 grams	Nuts, pecans, oil roasted, with salt added
43.8 grams	Celery, raw

Directions

Prescription		
Ratio	4	1. Measure out chicken, mayonnaise, pecans, and celery.
Calories	2200	
Protein	37	2. If chicken is raw, cook it on the stove at medium-high heat, stirring constantly until no more pink is visible.
Meals	3	
Snacks	1	3. Chop the pecans into quarters.
Cal/Meal	666.7	
Cal/Snack	200	4. Mix together chicken, mayonnaise, and pecans.
		5. Serve with celery for dipping and enjoy!

CURE Class Recipe Book

40 Guacamole and Celery Snack 4/20/2021

4/20/21



Ingredients

5.3 grams	Avocados, raw, California
12 grams	Breakstone's All Natural Sour Cream (Triple Churned)
13.4 grams	Bertolli Classico Pure Olive Oil - Mild Taste
0 grams	RealLime 100% Lime Juice from Concentrate
13.2 grams	Kraft Mild Cheddar Cheese (shredded)
6.7 grams	Celery, raw

Directions

Prescription		
Ratio	4	1. Peel an avocado, take the seed out, then weight it. Mash the avocado with a fork.
Calories	2200	
Protein	37	2. Weight out the sour cream and oil, then stir along with desired amount of lime juice into the avocado.
Meals	3	
Snacks	1	3. Weigh the cheese, and sprinkle on top of guacamole.
Cal/Meal	666.7	
Cal/Snack	200	4. Weigh celery, and serve with avocado.

CURE Class Recipe Book

41 Almond Butter Balls Snack 4/20/2021

4/20/21



Ingredients

6.6 grams	Member's Mark Creamy Almond Butter
12.6 grams	Publix Coconut Oil
10.9 grams	Kraft Philadelphia Original Cream Cheese (block)
1.3 grams	Beneprotein Instant Protein Powder
0 grams	SweetLeaf Liquid Stevia Sweet Drops, Chocolate

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Measure out almond butter, coconut oil, cream cheese, and beneprotein. Combine them in a bowl along with one serving of stevia.
2. After the mixture thickens, cover it and place in the freezer for 15-20 minutes.
3. Prepare a pan with parchment paper.
4. Take the bowl out. Scoop out tablespoon-sized portions of dough, and roll them into balls.
5. Place the pan in the freezer for 20-30, or until slightly firm.

CURE Class Recipe Book

42 Peanut Butter Yogurt Meal 4/20/2021

4/20/21



Ingredients

81.1 grams	Stonyfield Farm Organic Yogurt, Greek, Organic, Whole Milk, Plain
55.8 grams	Member's Mark Organic Virgin Coconut Oil
1.7 grams	Strawberries, raw
12.8 grams	Peanut spread, reduced sugar
2 grams	Peanuts, all types, raw

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Measure out peanut spread and oil and combine. Microwave for about 20 seconds in 5 second intervals, or until melted to desired consistency.
2. Measure out yogurt and combine with peanut butter and oil.
3. Measure out strawberries and peanuts, then place on top of yogurt mixture.
4. Grab a spoon and enjoy!

CURE Class Recipe Book

43 Chocolate Milkshake Snack 4/20/2021

4/20/21



Ingredients

46.7 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
88.8 grams	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E
11.2 grams	Chobani Greek Yogurt Non-fat Yogurt - Plain
1.8 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	4
Calories	2200
Protein	37
Meals	3
Snacks	1
Cal/Meal	666.7
Cal/Snack	200

1. Measure out chocolate almond milk and pour into an ice cube tray and freeze overnight.
2. On the next day, measure out whipping cream, yogurt, and beneprotein.
3. Take frozen almond milk cubes out of the freezer. Add all of the ingredients to a blender.
4. Blend until everything is combined, add water or ice cubes to get desired consistency.
5. Pour in a glass, add a straw, sip, and, enjoy!

CURE Class Recipe Book



44 Egg and Tofu Scramble with Broccoli and Avocado Meal 4/20/2021

4/20/21

		Ingredients
	7.1 grams	Nasoya Organic Tofu-Extra Firm
	10.6 grams	Bird's Eye Deluxe Baby Vegetables Baby Broccoli Florets (frozen)
	15 grams	Avocados, raw, all commercial varieties
	7.5 grams	Hokan Sesame Oil 100% Pure
	42.9 grams	Bertolli Classico Pure Olive Oil - Mild Taste
	89.2 grams	Sunny Meadow Large Grade A Eggs
Prescription		Directions
Ratio	4	1. Allow broccoli to thaw, then weigh.
Calories	1756	2. Weigh olive oil, and heat all of the oil on a pan on medium heat.
Protein	36	3. Weigh and then crumble tofu into pan and add broccoli. Weigh eggs and add to pan, stirring continuously.
Meals	3	4. Saute until eggs and broccoli are fully cooked (approximately 3 minutes, or until eggs are set and solid curds have formed.)
Snacks	0	5. Weigh sesame oil and weigh and dice avocado, and toss with the sesame oil.
Cal/Meal	585.3	6. Pour entirety of broccoli/egg/tofu mixture into a bowl (including drippings from pan) and top with avocado mixture.
Cal/Snack	0	7. Enjoy!

CURE Class Recipe Book

45 Egg and Spinach Frittata Meal 4/20/2021

4/20/21



Ingredients

88.3 grams	Publix Large Grade A Eggs
9.8 grams	Winn Dixie Chopped Spinach (frozen)
47.1 grams	Bertolli Classico Pure Olive Oil - Mild Taste
18.2 grams	Great Value Cream Cheese - Spread (tub)
5.3 grams	Publix Ultra Pasteurized Regular Whipping Cream

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Thaw spinach, then weigh and add to a medium sized mixing bowl.
2. Weigh eggs and add to mixing bowl with spinach.
3. Weigh and soften cream cheese, then add to mixing bowl with the eggs and spinach.
4. Weigh whipping cream, then add to bowl with eggs and cream cheese. Mix well.
5. Weigh olive oil, and use about 1/3 to grease a pan.
6. Place mixture into pan and bake in oven at 325 degrees F for 20-25 minutes (until eggs are completely set).
7. Drizzle with all remaining olive oil, slice, and enjoy!

CURE Class Recipe Book



46 Egg and Avocado Breakfast Sandwich Meal
4/20/2021

4/20/21

Ingredients

88.3 grams	Davidon's Safest Choice Pasteurized Eggs (12 Grade AA Large)
19.1 grams	Avocados, raw, all commercial varieties
14.6 grams	Kraft Philadelphia Original Cream Cheese (block)
44.6 grams	Great Value 100% Extra Virgin Olive Oil

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weight out egg and olive oil.
2. Heat about 2/3 of oil on a skillet on medium heat.
3. In a bowl, mix eggs well with a fork until yolks and whites are combined.
4. Place two metal rings or cookie cutters onto the skillet and pour equal portions. of egg into both. Cook for approximately 3 minutes, or until set.
5. Weigh and mash avocado.
6. Mix remaining oil with avocado.
7. Weigh cheese and spread on one egg-circle.
8. Spread avocado mixture on the other egg-circle.
9. Assemble sandwich and enjoy!

CURE Class Recipe Book



47 Chicken with Cauliflower Rice and Broccoli
and Betaquik Drink Meal 4/20/2021

4/20/21

Ingredients

21.2 grams	Trader Joe's Riced Cauliflower Nothing but Cauliflower
30 grams	Great Value 100% Extra Virgin Olive Oil
17 grams	Great Value Cut Broccoli (frozen)
14 grams	Land O Lakes Fresh Buttery Taste Spread (Plastic Box)
55.5 grams	Perdue Boneless Skinless Chicken Breasts (individually packed/sealed)
100 grams	Betaquik

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Thaw broccoli, then weigh and place in bowl.
2. Weigh out cauliflower rice, olive oil, butter, chicken, and betaquik.
3. Add about 1/3 of your olive oil to a skillet and put the skillet on medium-high. heat (level 7) and add the broccoli
4. After 1 minute, add cauliflower rice, another 1/3 of olive oil, and half of the butter to the skillet. Cook this mixture for 6 minutes.
5. Remove the rice and broccoli mixture, and place it in a separate bowl.
6. Place chicken and the rest of the olive oil and butter in skillet on medium high heat. Cook for 6 minutes, then flip chicken and cook for 6 more minutes.
7. Combine chicken with rice and broccoli and enjoy with betaquik drink!

CURE Class Recipe Book



48 Chicken Fajita Bowl with Red Bell Peppers
Meal 4/20/2021

4/20/21

Ingredients

36.2 grams	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning
0.1 grams	McCormick Original Taco Seasoning Mix
4.1 grams	Peppers, sweet, red, raw
16.8 grams	Daisy Brand Sour Cream Pure and Natural
5.16 grams	Bertolli Classico Pure Olive Oil - Mild Taste
10.9 grams	Sargento Mild Cheddar Cheese (fine cut, shredded)

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh chicken, then cut into strips.
2. Weigh bell pepper and cut into strips. Weigh oil.
3. Saute bell peppers on a pan on medium heat with the oil until soft- approximately 4 minutes.
4. Add chicken to pan and saute for an additional minute.
5. Weigh cheese, sour cream, and seasoning mix.
6. Pour chicken/bell pepper mix into a bowl and top with the cheese, sour cream, and seasoning mix. Enjoy!

CURE Class Recipe Book



49 Chicken cauliflower Fried Rice Meal
4/20/2021

4/20/21

Ingredients

29.7 grams	Trader Joe's Riced Cauliflower Nothing but Cauliflower
47.2 grams	Publix Coconut Oil
42.5 grams	Chicken, broilers or fryers, dark meat, meat and skin, raw
33.3 grams	4 Grain Large Brown Eggs- Cage Free
2.7 grams	Kikkoman Teriyaki Marinade & Sauce

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out chicken and oil, cut chicken to desired pieces.
2. Heat oil on a skillet on medium heat. Cook chicken completely (5-7 minutes, depending on size of pieces).
3. Weigh riced cauliflower. Add to pan.
4. Beat egg very well, until uniform. Add to pan.
5. Stir until egg is fully cooked.
6. Weigh out teriyaki sauce.
7. Plate and top with teriyaki sauce. Enjoy!

CURE Class Recipe Book



50 Salmon Salad with Italian Dressing and Feta
Cheese Meal 4/20/2021

4/20/21

Ingredients

34.1 grams	Ken's Steak House Dressing and Marinade - Italian
21.9 grams	Publix Sockeye Salmon Fillets (frozen) (boneless and skinless)
73.4 grams	Lettuce, iceberg (includes crisphead types), raw
31.9 grams	Vigo Imported Feta Cheese
21.4 grams	Great Value 100% Extra Virgin Olive Oil
13.2 grams	Land O Lakes Fresh Buttery Taste Spread (Plastic Box)

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out salmon and leave it to thaw for 20 minutes.
2. While salmon thaws, weigh out olive oil, salad dressing, feta cheese, butter, and lettuce, and preheat oven to 400 F.
3. Combine butter with half of the olive oil and use this mixture to coat the salmon (heat up butter if necessary).
4. Place salmon on pan and cook in oven for 18 minutes.
5. Right before 18 minutes expires, mix lettuce with italian dressing, feta cheese, and remaining olive oil.
6. Add salmon and enjoy!

CURE Class Recipe Book



51 Salmon and Zucchini Noodles Meal
4/20/2021

4/20/21

Ingredients

40.3 grams	Publix Sockeye Salmon Fillets (frozen) (boneless and skinless)
15.8 grams	Squash, summer, zucchini, includes skin, raw
18.7 grams	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve
50.7 grams	Bertolli Extra Virgin Olive Oil - Rich Taste
0.1 grams	Spices, pepper, black

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Thaw salmon and weigh salmon and olive oil.
2. Cover salmon with 1/3 of olive oil, cover with aluminum foil, and bake at 425 degrees for approximately 15 minutes (depending on thickness of the fillet; cook until flaky).
3. While salmon is cooking, weigh zucchini and use a vegetable peeler (or spiralizer if available) to cut zucchini into noodle shapes. Then heat up either in the microwave or a pan until soft.
4. Weigh pesto and mix with remaining olive oil.
5. Mix pesto/olive oil mixture with the cooked zucchini noodles, and top with salmon.
6. Weigh black pepper, and top dish with as much of this portion as desired. Enjoy!

CURE Class Recipe Book

52 Salmon with Avocado Salsa Meal 4/20/2021

4/20/21



		Ingredients
	56.6 grams	Fish, salmon, Atlantic, farmed, raw
	15 grams	Avocados, raw, all commercial varieties
	3 grams	Lime juice, raw
	47.7 grams	Publix Coconut Oil
	4.8 grams	Publix Regular Sour Cream
Prescription		Directions
Ratio	4	1. Weigh out salmon and coconut oil.
Calories	1756	2. Heat 1/2 of oil on a skillet on medium heat.
Protein	36	3. Cook salmon on skillet for approximately 4 minutes on each side, until opaque and flaky to touch.
Meals	3	4. Weigh out avocado and lemon juice.
Snacks	0	5. Dice avocado and mix with lemon juice and remaining oil.
Cal/Meal	585.3	6. Weigh out sour cream.
Cal/Snack	0	7. Place salmon on plate and top with avocado salsa and sour cream. Enjoy!

CURE Class Recipe Book



53 Ground Beef Lettuce Wraps Meal
4/20/2021

4/20/21

Ingredients

40.4 grams	Lettuce, iceberg (includes crisphead types), raw
72.4 grams	Publix Ground Beef 100% Beef (75/25)
0.5 grams	McCormick Original Taco Seasoning Mix
18.2 grams	Hokan Sesame Oil 100% Pure
25 grams	Great Value 100% Extra Virgin Olive Oil

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out olive oil, sesame oil, ground beef, and taco seasoning.
2. Place a skillet on the stovetop, add 1/4 of the olive oil and 1/4 of the sesame oil, and set the stovetop to medium-high.
3. After a minute, add the ground beef and the taco seasoning. Break the ground beef up with a spoon into smaller pieces.
4. Continue to break up the ground beef and stir it as it cooks for about 15 minutes or until completely brown.
5. While the ground beef is cooking, carefully remove large pieces of lettuce from the lettuce head that can hold the meat and weigh them out.
6. Remove ground beef from stove and place it in lettuce wraps. Drizzle remaining olive oil and sesame oil.
7. Enjoy!

CURE Class Recipe Book

54 Lettuce Wrap Burgers Meal 4/20/2021

4/20/21



Ingredients

69.6 grams	Beef, ground, 70% lean meat / 30% fat, raw
3.8 grams	Heinz Tomato Ketchup- No Sugar Added
7.1 grams	Cheese, cheddar
37.7 grams	Great Value 100% Extra Virgin Olive Oil
37 grams	Lettuce, iceberg (includes crisphead types), raw

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out ground beef, olive oil, and cheese.
2. Divide ground beef into two even balls. Flatten these balls into rectangles.
3. Heat 1/3 of olive oil on skillet on medium-high and drizzle another third of olive oil over the ground beef patties.
4. When skillet is hot, add ground beef patties and brown on both sides. To do this, leave the patty alone for 2 minutes, then flip it. If side is not brown, repeat.
5. Weigh out lettuce and ketchup. For lettuce, remove two large pieces and keep them intact to be used as wraps.
6. Add remaining 1/3 olive oil to ketchup and mix well.
7. Place ground beef patties in lettuce wraps, sprinkle with cheese, and enjoy with ketchup either on top or as a dip!

CURE Class Recipe Book



55 Goat Cheese and Avocado Toast Meal
4/20/2021

4/20/21

Ingredients

14.9 grams	Ketovie Wholesome Bread
55.1 grams	Cheese, goat, soft type
10.6 grams	Avocados, raw, all commercial varieties
42.2 grams	Bertolli Extra Virgin Olive Oil - Rich Taste
0.1 grams	Spices, pepper, black

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh bread, then toast until desired texture is reached.
2. Weigh goat cheese and olive oil.
3. Mix goat cheese with 1/2 of olive oil.
4. Spread goat cheese/olive oil mixture on toast.
5. Weigh avocado, mash, and then add onto toast.
6. Add remaining olive oil to toast.
7. Weigh pepper, add to toast, and enjoy!

CURE Class Recipe Book



56 Cheesecake Dip with Meringue Dessert
Meal 4/20/2021

4/20/21

Ingredients

4.4 grams	Beneprotein Instant Protein Powder
2 grams	Torani Sugar Free Vanilla Syrup
64.4 grams	All Whites - 100% Liquid Egg Whites
52.6 grams	Publix Coconut Oil
16.5 grams	Kraft Philadelphia Original Cream Cheese (block)
0.2 grams	Leavening agents, cream of tartar

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out egg whites and cream of tartar, then combine and whip with an electric mixer until stiff peaks form.
2. Measure out up to 2 tablespoons of sugar-free vanilla syrup (as much as desired), and gently mix half of that portion into the whipped egg whites.
3. Using a heaping tablespoon, dollop meringue onto a parchment-lined baking sheet (or use a piping bag to pipe), and bake at 225 degrees for an hour, or until dry and firm. Let cool.
4. While meringue cookies bake, weigh out and soften cream cheese in a mixing bowl. Weigh oil.
5. Mix together cream cheese, oil, and remainder of sugar free syrup.
6. Once they have cooled, dip meringue cookies into cheesecake dip and enjoy!

CURE Class Recipe Book

57 Pizza Bowl Meal 4/20/2021

4/20/21



Ingredients

17 grams	Trader Joe's Riced Cauliflower Nothing but Cauliflower
12.2 grams	Contadina Tomato Sauce
27.7 grams	Cheese, provolone
13.9 grams	Hormel Turkey Pepperoni
31.1 grams	Great Value 100% Extra Virgin Olive Oil
24.2 grams	Land O Lakes Butter with Olive Oil & Sea Salt (Plastic Box)
4 grams	KetoCuisine 5:1 Ratio Baking Mix

Directions

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

1. Weigh out cauliflower rice, tomato sauce, baking mix, olive oil, and butter.
2. Add rice, tomato sauce, baking mix, about 3/4 of the olive oil, and about 3/4 of the butter to a skillet on medium-high heat (level 7).
3. Cook this mixture for 7 minutes, and during this time, weigh out cheese and pepperoni.
4. While mixture is still in skillet with a minute left, mix in cheese and pepperoni.
5. Remove mixture from skillet, and add remaining olive oil and butter.
6. Enjoy!

CURE Class Recipe Book



58 Chocolate Pudding Dessert Meal 4/20/2021

4/20/21

Ingredients

106.3 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
104.2 grams	KetoVie 4:1 Chocolate
10.3 grams	Complete Amino Acid Mix
0 grams	McCormick Vanilla Extract, Pure

Directions

1. Weigh out heavy whipping cream, chocolate shake, amino acid mix, and vanilla extract.
2. Combine in large bowl and use an electronic whipping device to whip mixture until pudding-like consistency (around 5 minutes).
3. If pudding is not cold enough for your taste, refrigerate for 2 hours, otherwise, enjoy!

Prescription

Ratio	4
Calories	1756
Protein	36
Meals	3
Snacks	0
Cal/Meal	585.3
Cal/Snack	0

CURE Class Recipe Book

59 Buffalo Wings Meal 4/20/2021

4/20/21



		Ingredients
	0.1 grams	Spices, pepper, black
	0 grams	Morton Table Salt
	1.6 grams	Smart Balance Buttery Spread made with Extra Virgin Olive Oil 64% Vegetable Oil(tub)
	3.5 grams	I Can't Believe It's Not Butter All Purpose- 79% Vegetable Oil Spread (stick)
	0 grams	Louisiana Hot Sauce
	53.3 grams	Chicken, broilers or fryers, wing, meat only, raw
	0.1 grams	Spices, garlic powder
	1.2 grams	Honey
	32.3 grams	Carrots, raw
	32.5 grams	Publix Real Mayonnaise
	54.6 grams	Microlipid
	2.2 grams	Sugars, brown
Prescription		Directions
Ratio	3	1. Preheat oven to 400 degrees and place a wire rack over a baking sheet.
Calories	2000	2. Toss chicken in vegetable oil until the oil-covered chicken weighs 54.9 grams.
Protein	40	3. Season chicken with garlic powder, black pepper, and salt.
Meals	3	4. Bake chicken for 50-60 minutes until golden and crispy. Flip wings halfway through.
Snacks	1	5. In saucepan whisk hot sauce, honey, and brown sugar and then stir in the butter once simmering, cooking for about 2 minutes. Then mix in microlipid.
Cal/Meal	600	6. Heat broiler on low and toss wings in the sauce.
Cal/Snack	200	7. Broil wings until sauce caramelizes, about 3 minutes.
		8. Weigh out mayonnaise and carrots and eat together on the side.

CURE Class Recipe Book

60 Beef Wrap Meal 4/20/2021

4/20/21



Ingredients

18.6 grams	Joseph's Flax Oat Bran & Whole Wheat Lavash Bread
7.4 grams	Lettuce, butterhead (includes boston and bibb types), raw
29.3 grams	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled
8.8 grams	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product
36.8 grams	Land O Lakes Salted Whipped Butter (tub)
26 grams	Publix Real Mayonnaise
16.6 grams	Classico Creamy Alfredo Sauce

Directions

Prescription

Ratio	3
Calories	2000
Protein	40
Meals	3
Snacks	1
Cal/Meal	600
Cal/Snack	200

1. Take 1 beef patty, cut it in half, and heat in the microwave for 3-4 minutes then flip and heat for 2-3 more minutes.
2. Take the lavash bread, put half a slice of cheese and 60 grams of whipped butter on it.
3. Put 7.4 grams of lettuce as well as the beef on the bread.
4. Pour 16.6 grams of alfredo sauce and 20 g of mayonnaise on the dish.
5. Roll up the lavash bread and enjoy.

CURE Class Recipe Book

61 Cooked Steak Meal 4/20/2021

4/20/21



Ingredients

45.8 grams	Publix Tenderloin Steak (raw)
26.9 grams	A1 Steak Sauce
25 grams	Vegetable oil, palm kernel
32.4 grams	Hellmans' Organic Mayonnaise (made with organic cage free eggs)

Directions

1. Take a publix 3 oz steak, and cut to a 45.8 gram piece (about half a steak).
2. Cover the steak front and back in 25 g of vegetable oil.
3. Grill steak until medium rare, then remove.
4. Measure out A1 steak sauce and add to steak.
5. Measure out mayonnaise and add on the side. Enjoy!

Prescription

Ratio	3
Calories	2000
Protein	40
Meals	3
Snacks	1
Cal/Meal	600
Cal/Snack	200

CURE Class Recipe Book

62 Peanut Butter Celery Snack 4/20/2021

4/20/21



Ingredients

33.7 grams	Celery, raw
9.9 grams	Peanut spread, reduced sugar
14.8 grams	MCT Oil
1.5 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	3
Calories	2000
Protein	40
Meals	3
Snacks	1
Cal/Meal	600
Cal/Snack	200

1. Weigh peanut butter, beneprotein, and MCT oil.
2. Mix well.
3. Weigh celery.
4. Serve and enjoy!

CURE Class Recipe Book

63 Trail Mix Snack 4/20/2021

4/20/21



Ingredients

5.5 grams	Publix Almonds (smoked)
2.2 grams	Planters Cashews Halves and Pieces
6.1 grams	Bacon and beef sticks
5.1 grams	Member's Mark Natural Shelled Walnuts
9.3 grams	Member's Mark Organic Virgin Coconut Oil

Directions

Prescription

Ratio	3
Calories	2000
Protein	40
Meals	3
Snacks	1
Cal/Meal	600
Cal/Snack	200

1. Get out a bowl, cut a bacon strip into a third, and then rip that piece into bits and put them in the bowl.
2. Add 5.5 grams of almonds, 2.2 grams of cashews, and 5.1 grams of walnuts.
3. Pour 9.3 grams of coconut oil into the bowl, and mix well.
4. Heat an oven to 350 degrees, and place bowl for 22-24 minutes.
5. Remove from the oven, let the bowl cool, and enjoy.

CURE Class Recipe Book



64 Chicken, Mayonnaise, and Cabbage Meal
4/20/2021

4/20/21

Ingredients

112.8 grams	Campbell's Condensed Soup Chicken Broth (Great for Cooking) (canned)
11.9 grams	Cabbage, raw
1.2 grams	Onions, raw
0.8 grams	Garlic, raw
26.2 grams	Chicken, broilers or fryers, breast, meat only, cooked, roasted
15 grams	Breakstone's All Natural Unsalted Butter (stick)
17.1 grams	Publix Extra Virgin Olive Oil
17.1 grams	Hellmann's Real Mayonnaise
1 grams	Morton Table Salt

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Prepare ingredients by shredding/weighing the green cabbage, finely dicing/weighing the onion, and dicing/weighing the garlic. Dice/weigh the cooked chicken breast as well.
2. Weigh butter and olive oil, put both into a small pot, and let melt over medium-low heat.
3. Add the shredded cabbage, diced onions, and diced garlic to the pot and sautee until the vegetables begin to soften.
4. Add the chicken and weigh/add the chicken broth to the vegetables, and cover the soup to let simmer over low heat.
5. Once vegetables are very soft, remove the pot from the heat.
6. Weigh and add the mayonnaise and salt to the pot, and puree with an immersion blender.
7. Serve and enjoy, ensuring to get as much food from the pot as possible and scraping the sides.

CURE Class Recipe Book

65 Chicken with Tzatziki Dip Meal 4/20/2021

4/20/21



Ingredients

15.8 grams	Perdue Short Cuts Carved Chicken Breast Skinless with Rib Meat Grilled Fajita Style
33.7 grams	Trader Joe's Organic Heavy Whipping Cream
11 grams	Cucumber, with peel, raw
0.1 grams	Spices, garlic powder
1.7 grams	Lemon Juice, canned or bottled
6.4 grams	Pompeian Organic Extra Virgin Olive Oil

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Weigh the cucumber and grate it into fine pieces in a small container.
2. Weigh the garlic powder and mix it in with the grated cucumber.
3. Weigh the heavy cream, olive oil, and lemon juice, then combine them in another container and mix until thickened.
4. Mix the in the cucumber and garlic with the heavy cream mixture.
5. Weigh the chicken and serve cold with dip, or serve with dip after heating the chicken in the microwave on high for 35 seconds if desired.

CURE Class Recipe Book



66 Beef and Avocado with Sour Cream Meal
4/20/2021

4/20/21

Ingredients

15.3 grams	Avocados, raw, Florida
34.3 grams	Pompeian Organic Extra Virgin Olive Oil
0.2 grams	Lemon Juice, canned or bottled
29.5 grams	All Natural Ground Beef Chuck (80/20) (Wal-Mart)
15.2 grams	Belgioioso Asiago All Natural Cheese
2.4 grams	Trader Joe's Organic Heavy Whipping Cream
8.2 grams	Lettuce, cos or romaine, raw
0.6 grams	Old El Paso Taco Sauce - Mild

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Weigh the oil and heat it in a pan on the stove on medium heat.
2. After the oil heats, weigh the ground beef and add it to the pan. Also weigh and add the taco sauce to the pan.
3. Periodically stir the ingredients until the beef is cooked through (not pink anywhere). Then set the ingredients aside.
4. To prepare the sour cream dip, weigh the heavy whipping cream and whisk it in a bowl until it thickens.
5. Weigh out and add lemon juice to the bowl, and then add all the leftover oil from the pan. Mix.
6. Weigh out the avocado, lettuce, and cheese. Dice the avocado into cubes and shred the cheese.
7. Plate the ground beef and top it with the avocado, lettuce, cheese, and sour cream dip. Enjoy!

CURE Class Recipe Book



67 Beef, Ketocuisine, and Mayonnaise Meal
4/20/2021

4/20/21

Ingredients

48 grams	Publix Ground Beef 100% Beef (75/25)
10.3 grams	Egg Beaters Original
9.9 grams	KetoCuisine 5:1 Ratio Baking Mix
30.5 grams	Hellmann's Real Mayonnaise
2 grams	Publix Extra Virgin Olive Oil

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Preheat oven to 325 degrees Fahrenheit.
2. Weigh the egg beaters and separate it approximately in half into two bowls.
3. Combine one bowl containing half of the eggs with half of the weight of prescribed mayonnaise and all of the weighed Ketocuisine powder, and mix well.
4. Divide this mixture into two parts, and shape each into a round bun shape.
5. Place buns on a baking sheet and let bake in the oven for 12 minutes, then take out and cool.
6. Meanwhile, add approximately 1/3 of the weight of olive oil to a frying pan on medium heat, and then add the other half of the eggs.
7. Fry the bit of eggs for three minutes, then take it off and let it sit on a plate.
8. Add the remaining olive oil, and then the weighed out ground beef, shaped into a patty. Cook one side until halfway browned, and then flip to let the other side brown.
9. Finally, serve hamburger and egg topped with the remaining mayonnaise, in between buns.

CURE Class Recipe Book

68 Egg, Ham, Cheese, and Pepper Omelette
Meal 4/20/2021

4/20/21



Ingredients

26.3 grams	Egg Beaters Original
9 grams	Cream, Fluid, Heavy Whipping
24.7 grams	Kraft Medium Cheddar Cheese (block)
41.1 grams	Breakstone's All Natural Unsalted Butter (stick)
4.8 grams	Oscar Mayer Smoked Ham (water added)
3.2 grams	Peppers, sweet, green, raw
0.7 grams	Morton Table Salt
0 grams	Spices, pepper, black

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Prepare ingredients by shredding and weighing the cheese, dicing and weighing the bell pepper, and dicing and weighing the smoked ham.
2. Weigh and add cream and egg beaters into a whipping bowl, and whip until fluffy.
3. Take a pinch of salt/pepper out of the daily allotted portion and add it with half of the shredded cheese to the bowl, and continue mixing well.
4. Weigh and melt butter onto a frying pan on medium heat.
5. Saute the bell pepper and ham for two to three minutes.
6. Add the mixture from the bowl to the frying pan, and cook until the egg is almost firm.
7. Reduce heat, and sprinkle all of the rest of the cheese onto the omelette.
8. Fold the omelette and serve. Make sure as much of the remaining butter in the pan makes it onto the omelette as possible, and scrape off ingredients stuck if there are any.

CURE Class Recipe Book



69 Egg and Tomato with Hollandaise Sauce
Meal 4/20/2021

4/20/21

Ingredients

44.3 grams	Organic Valley Salted Butter (stick)
74.7 grams	4 Grain Large Brown Eggs- Omega 3
10 grams	Tomatoes, red, ripe, raw, year round avg
8.8 grams	Spinach, raw
2.6 grams	Publix Extra Virgin Olive Oil
0.2 grams	Lemon Juice, canned or bottled
0.1 grams	Spices, pepper, red or cayenne

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Crack 2 eggs, whisk, and weigh out the whisked egg.
2. Pour 1/3 of the whisked egg into a blender and blend for about 30 seconds. Weigh out the butter and melt it in a pan.
3. Slowly add all the melted butter from the pan into the blender. Scrape off as much as possible.
4. Season the ingredients as desired with weighed out cayenne pepper and lemon juice, then blend again. Set aside.
5. Weigh the spinach, then mix it in with the remaining 2/3rds of whisked egg.
6. Heat the oil in a pan over medium heat, then add the egg and spinach mixture and scramble.
7. Dice and weigh the tomatoes. Plate the eggs, add the diced tomatoes, and pour the sauce from the blender, scraping off as much as possible. Enjoy!

CURE Class Recipe Book

70 Vanilla Cheesecake Bites 4/20/2021

4/20/21



Ingredients

34.8 grams	Trader Joe's Organic Heavy Whipping Cream
1.5 grams	Lemon Juice, canned or bottled
4 grams	McCormick Vanilla Extract, Pure
9 grams	Organic Valley Cream Cheese Spread (tub)
29.6 grams	4 Grain Large Brown Eggs- Omega 3
0.5 grams	Breakstone's All Natural Unsalted Butter (stick)

Directions

Prescription

Ratio	4
Calories	1540
Protein	32
Meals	3
Snacks	1
Cal/Meal	446.7
Cal/Snack	200

1. Preheat oven to 300 F. Weigh the butter and use it to grease a cupcake tin.
2. Weigh the cream cheese and let it sit until softened. Then, beat it in a bowl until smooth.
3. Weigh the vanilla, lemon juice, and eggs and slowly mix the ingredients into the cream cheese.
4. Weigh the heavy cream and whip it in a separate bowl until thickened. Fold it into the cream cheese mixture until smooth.
5. Pour the mixture into the cupcake tin, scraping off as much as possible, and bake for 45 minutes. Let it chill for 1 hour and enjoy.

CURE Class Recipe Book

71 Tres Leches Cake 4/20/2021

4/20/21



		Ingredients
	66.7 grams	Trader Joe's Organic Heavy Whipping Cream
	0.5 grams	Lemon Juice, canned or bottled
	1 grams	Breakstone's All Natural Unsalted Butter (stick)
	1.5 grams	Organic Valley Cream Cheese Spread (tub)
	70.3 grams	4 Grain Large Brown Eggs- Omega 3
	12.8 grams	KetoCuisine 5:1 Ratio Baking Mix
	0.1 grams	Rumford Reduced Sodium Premium Aluminum-Free Baking Powder
	6 grams	McCormick Vanilla Extract, Pure
	32.6 grams	Blue Diamond Almond Breeze Almond Milk - Unsweetened Original (unrefridgerated, box)
Prescription		Directions
Ratio	4	1. Weigh the heavy cream, eggs, baking mix, baking powder, lemon juice, and vanilla extract.
Calories	1540	
Protein	32	2. Mix 1/4 of the cream, 1/2 of the vanilla, and all of the eggs, baking mix, baking powder, and lemon juice until combined.
Meals	3	
Snacks	1	3. Weigh the butter and use to grease a microwave-safe dish. Pour cake mix into dish and microwave on medium for 3 minutes. Once cooked through, set aside to cool.
Cal/Meal	446.7	
Cal/Snack	200	4. Weigh the almond milk. Mix the milk, half of the remaining heavy cream, and half of the remaining vanilla together to make the sauce.
		5. Use a fork to poke small holes on the top of the cake and pour sauce over it. Let soak in the fridge for two hours.
		6. Weigh the cream cheese. Using an electric mixer, combine the rest of the heavy cream and vanilla with the cream cheese until it forms peaks to make the frosting.
		7. Take the soaked cake out of the fridge and spread the frosting on top. Enjoy!

CURE Class Recipe Book



72 Lamb with Olive Oil and Spinach Casserole
Meal 4/20/2021

4/20/21

Ingredients

26.1 grams	Wellsley Farms Extra Virgin Olive Oil
89.5 grams	Lamb, Australian, imported, fresh, external fat, raw
116.5 grams	Winn Dixie Spinach - no salt added (canned)

Directions

Prescription

Ratio	4
Calories	2086
Protein	43
Meals	3
Snacks	0
Cal/Meal	695.3
Cal/Snack	0

1. Measure out lamb, olive oil, and spinach.
2. Cube the lamb into 1 inch blocks.
3. Evenly distribute the spinach in a casserole dish. Disperse the lamb cubes throughout and thoroughly drizzle the casserole with olive oil.
4. Bake until the lamb is slightly browned.

CURE Class Recipe Book



73 Pork Jowl with Coconut Oil and Fennel and
Orange Salad Meal 4/20/2021

4/20/21

Ingredients

84.5 grams	Pork, fresh, variety meats and by-products, jowl, raw
10.7 grams	Member's Mark Organic Virgin Coconut Oil
21 grams	Fennel, bulb, raw
4.3 grams	Oranges, raw, all commercial varieties
10.1 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	4
Calories	2086
Protein	43
Meals	3
Snacks	0
Cal/Meal	695.3
Cal/Snack	0

1. Wash and peel the orange and measure the appropriate amount. Wash and thinly slice the fennel and measure. Combine the orange and fennel in a serving bowl and set aside.
2. Measure out the coconut oil. Thinly slice the pork jowl. Melt the oil in a saucepan, and fry the pork jowl.
3. Pour the cooked jowl over the serving bowl previously set aside, being sure that all excess coconut oil is distributed in the salad.

CURE Class Recipe Book



74 Mackerel with Olive Oil and Lemon
Cauliflower Rice Meal 4/20/2021

4/20/21

Ingredients

51.9 grams	Fish, mackerel, king, cooked, dry heat
41.4 grams	Cauliflower, raw
68.1 grams	Wellsley Farms Extra Virgin Olive Oil
2.2 grams	Lemon juice from concentrate, bottled, CONCORD

Directions

Prescription

Ratio	4
Calories	2086
Protein	43
Meals	3
Snacks	0
Cal/Meal	695.3
Cal/Snack	0

1. Measure out the cauliflower, olive oil, mackerel, and lemon juice.
2. Pour half of the olive oil over the dried mackerel in a bowl to soften. Allow to marinate for 20 minutes.
3. Begin shredding the mackerel by hand and separate into bite sized shreds with a fork.
4. Prepare the cauliflower rice by chopping the cauliflower into fourths and blending in a food processor. Mix in the remainder of the olive oil and lemon juice for flavor.
5. Mix the shredded mackerel into the lemon cauliflower rice.

CURE Class Recipe Book



75 Eggs with Olive Oil and Zucchini Hash Meal
4/20/2021

4/20/21

Ingredients

6.7 grams	Squash, summer, zucchini, includes skin, frozen, unprepared
3 grams	Maverick Ranch Hickory Smoked (Uncruded No Sugar Hickory Smoked Bacon)
37.4 grams	Wellsley Farms Extra Virgin Olive Oil
93.8 grams	Egg, duck, whole, fresh, raw
32 grams	Microlipid
2.7 grams	Nuts, butternuts, dried
1.5 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	4
Calories	2086
Protein	43
Meals	3
Snacks	0
Cal/Meal	695.3
Cal/Snack	0

1. Emulsify the protein powder in half of the measured olive oil.
2. Crack duck eggs into large bowl. Scramble with a fork to a uniform liquid and measure out the necessary amount. Whisk the mixture and the microlipid into the scrambled eggs.
3. Heat the remainder of the olive oil in a frying pan. Cook the bacon and set aside.
4. Sauté the zucchini and set aside. Cook the scrambled egg mixture on the already heated frying pan.
5. Plate the scrambled eggs over the zucchini. Garnish with bacon bits and butternuts.

CURE Class Recipe Book



76 Almond Butter with Coconut Oil and Blended Avocado Pudding Meal 4/20/2021

4/20/21

Ingredients

21.7 grams	Avocados, raw, California
30.2 grams	Member's Mark Organic Virgin Coconut Oil
85.2 grams	Organic Valley Heavy Whipping Cream (Ultra Pasteurized)
3.5 grams	Member's Mark Creamy Almond Butter
15.3 grams	Beneprotein Instant Protein Powder

Directions

Prescription

Ratio	4
Calories	2086
Protein	43
Meals	3
Snacks	0
Cal/Meal	695.3
Cal/Snack	0

1. Measure out the coconut oil, protein powder, and heavy whipping cream.
2. Microwave the coconut oil in 30 second intervals until fully melted. Emulsify the protein powder in the oil while still warm.
3. Begin whipping the heavy whipping cream until stiff peaks form. Fold in the blend of coconut oil and protein powder.
4. Measure out the avocado and coconut butter. Remove the pit from the avocado and mash into a smooth, even consistency with a fork. Mix in the almond butter.
5. Fold the avocado and almond butter mixture into the heavy whipping cream. Continue mixing until a pudding-like consistency is achieved.